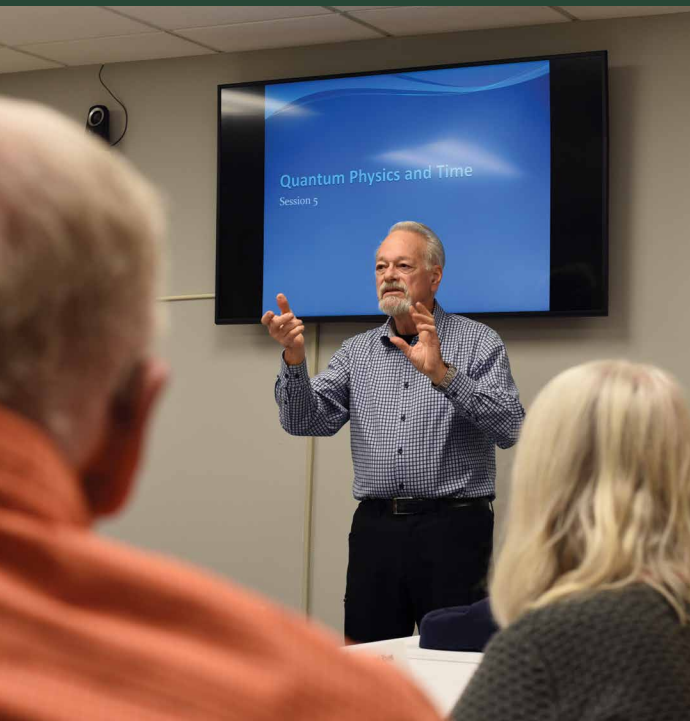




# THE EVERGREEN FORUM

## FALL 2023

The Evergreen Forum provides stimulating daytime study and discussion programs for adults and encourages active participation for those who enjoy learning for its own sake.



IN-PERSON



HYBRID



VIRTUAL



[princetonsenior.org](https://princetonsenior.org)  
609.751.9699

Please note that this fall class formats include in-person, hybrid, or virtual, and that technology help is available.

**LOOK FOR HYPERLINKS IN THIS DOCUMENT**





The Lee V. Harrod Evergreen Forum Series on Literature  
 Iona and Maurice Harding Evergreen Forum Natural Sciences Series  
 Harold and Joan Kuskin Evergreen Forum Performing Arts Series

COURSES BY DAY AND TIME (COURSE GRID)

MONDAY	TIME	# WEEKS	COURSE TYPE	COURSE FORMAT	START
AMERICA IN THE 1990S: IS THERE A "THIRD WAY"?	10:00–noon	6 WEEKS	Lecture	Virtual	10/02
THE HISTORY AND CULTURE OF SCOTLAND	1:30–3:30	6 WEEKS	Lecture/Discussion	Hybrid	10/02
THE UNIVERSITY AS ENLIGHTENMENT AND IDEAL — CANCELLED					
TUESDAY	TIME	# WEEKS	COURSE TYPE	COURSE FORMAT	START
A JOURNEY OF TRAVEL AND DISCOVERY — CANCELLED					
MEDICINE: THE HISTORY AND THE MYSTERY	10:00–noon	6 WEEKS	Lecture/Discussion	In-Person	09/26
STRESS: WHAT IT IS AND HOW TO MANAGE IT	10:00–noon	7 WEEKS	Lecture/Discussion	In-Person	09/26
GREAT EXPECTATIONS AND ITS AFTERLIFE	1:30–3:30	8 WEEKS	Discussion	In-Person	09/26
OUTSIDER ART	1:30–3:30	6 WEEKS	Lecture	Virtual	09/26
SOCIAL PROTEST MOVEMENTS — CANCELLED					
WEDNESDAY	TIME	# WEEKS	COURSE TYPE	COURSE FORMAT	START
ANTARCTIC EXPLORATIONS	10:00–noon	7 WEEKS	Lecture	Hybrid	09/27
INTRODUCTION TO MINDFULNESS PRACTICES	10:00–noon	6 WEEKS	Lecture/Discussion	In-Person	10/18
MORE HANDS-ON MATHEMATICAL PLAY — CANCELLED					
CONTEMPORARY BUSINESS & ECONOMICS	1:30–3:30	6 WEEKS	Lecture/Discussion	In-Person	10/04
NOBEL PRIZE WRITERS WAIT FOR THE BARBARIANS	1:30–3:30	8 WEEKS	Lecture/Discussion	Virtual	09/27
RELIGIOUS FREEDOM AND CHRISTIAN NATIONALISM	1:30–3:30	8 WEEKS	Lecture/Discussion	Hybrid	09/27
THURSDAY	TIME	# WEEKS	COURSE TYPE	COURSE FORMAT	START
THE CONSTANTS OF PHYSICS AND MATHEMATICS	10:00–noon	4 WEEKS	Lecture	In-Person	09/28
LABOR ISSUES IN NEW JERSEY — CANCELLED					
MEMOIR AND FICTION BY THREE MODERN WRITERS	10:00–noon	6 WEEKS	Discussion	In-Person	09/28
THE WEIRD WONDERFUL WORLD OF FUNGI	10:00–noon	6 WEEKS	Lecture/Discussion	Virtual	09/28
ADVENTURES IN GEOLOGY AND SPACE	1:30–3:30	6 WEEKS	Lecture/Discussion	In-Person	09/28
HISTORY VIA SHAKESPEARE	1:30–3:30	8 WEEKS	Lecture	Hybrid	09/28
FRIDAY	TIME	# WEEKS	COURSE TYPE	COURSE FORMAT	START
THE SUPREME COURT AND REPRODUCTIVE RIGHTS	10:00–noon	4 WEEKS	Lecture	Hybrid	10/20
SCIENCE IN THE NEWS	10:00–noon	8 WEEKS	Lecture/Discussion	Hybrid	09/29
ART FROM ALL ANGLES	1:00–2:30	6 WEEKS	Discussion	Virtual	10/06
ELEANOR ROOSEVELT'S NIGHTLY PRAYER	1:30–3:30	6 WEEKS	Lecture/Discussion	In-Person	09/29
WHAT IS TIME?	1:30–3:30	8 WEEKS	Lecture/Discussion	In-Person	09/29



Please note that this fall, class formats include in-person, hybrid, or virtual.

## REGISTRATION INFORMATION

The Evergreen Forum uses a first-come, first-served registration system.

**Registration will open on Tuesday, August 22 at 9:30 a.m. Reminder — Class formats include in-person, hybrid, or virtual.** Registration for three or more courses will open on Tuesday, August 29. To register, go to [princetonsenior.org](https://princetonsenior.org). Telephone and mail applications will not be accepted. Course format is subject to change.

**Waitlists:** If a class is full, registrants are encouraged to put their name on the online waitlist.

Evergreen Forum Fees: \$110 for a six- to eight-week course, and \$85 for a three- to five-week course. **Cost should never be a barrier to learning! Senior Scholarships are available to those for whom the fee is a hardship.** To make a confidential request, [CLICK HERE](#). For more information, contact Sharon Hurley, director of social services, at [shurley@princetonsenior.org](mailto:shurley@princetonsenior.org), or 609.751.9699, ext. 104 to apply.

Complete course information, including reading assignments, class participation, and required texts, will be available on the website in December and you will be sent your course **Dropbox link** and class reminders a week before your first class. **Zoom links** for any virtual registrants will be sent 24 hours before your first course.

Some courses may have additional costs for books or materials. This will be listed in the course's one-pager on our website.

**Dropbox:** All pertinent course information and class recordings can be found in Dropbox, an easy-to-use online filing system for documents and other information. PSRC will provide information on how to access Dropbox and participants DO NOT need their own account.

**Technology:** For participants who register to attend a course virtually, it is recommended that you download and install Zoom on your device before registration. You will need Zoom to attend your Evergreen course and for technical assistance. If you need help with Zoom, please contact our Tech Lab team **at least two weeks** before the first class session. To request assistance, please [CLICK HERE](#) or email [tech@princetonsenior.org](mailto:tech@princetonsenior.org).

**Refunds:** A refund will be issued minus a \$25 processing fee up to the second day of class.

Please note that course sessions may be recorded by PSRC.



Please note that this fall, class formats include in-person, hybrid, or virtual.

## WHICH COURSES ARE RIGHT FOR ME?

Evergreen Forum uses a variety of terms to describe our courses. You will find the definitions below to help select the courses that best suit your interests and needs.

### Course Types

Evergreen Forum courses fall under different class types based on the instructor's preferences. Under each course description, you will find a notation that clearly states the class type. The definitions are below:

- **Discussion** — Discussion courses are actively designed to engage participants in meaningful conversation around the course topic. Whether meeting in-person or on zoom, instructors encourage participant engagement throughout the course.
- **Lecture** — Lecture courses are designed by the instructor as an educational talk or presentation that welcomes questions from participants.
- **Lecture/Discussion** — Lecture/Discussion courses are, as labeled, a bit of both. Typically, instructors will give a formal presentation and then allow time for a class discussion.

### Course Formats

Evergreen Forum is excited to offer classes in a variety of formats to best fit your comfort level. Courses may be offered as in-person, virtual, or hybrid. The definitions for these formats are below:

- **In-Person** — These courses are taught and attended in-person at the Princeton Senior Resource Center, either at the Suzanne Patterson Building or The Nancy S. Klath Center for Lifelong Learning. In-person courses are not recorded.
- **Virtual** — Virtual courses are taught and attended on Zoom. Virtual courses are recorded.
- **Hybrid** — Hybrid courses are often taught in-person at the Princeton Senior Resource Center, but participants get to choose whether to register as an in-person or virtual participant. Hybrid courses are recorded.

**Special Note:** Due to space limitations and administrative needs, participants **MUST** attend the course as they have registered and are not able to switch back and forth between attending in-person or virtually on zoom. Exceptions may be made in certain circumstances, like extreme weather.

### SO, WHICH COURSES ARE RIGHT FOR ME?

We always recommend picking a course based on your interest first and foremost! If a course intrigues you but is taking place in a format or type that you are not sure about, let us know. We would be happy to assist or talk through what the course will look like to help you make your decision. And, as always, technology help is available.



Please note that this fall, class formats include in-person, hybrid, or virtual.

### **YOUR SUPPORT MAKES A DIFFERENCE**

We invite you to make a donation in addition to your registration to help ensure that PSRC has the tools to provide the classes, services, and resources you've come to love and expect. As a community nonprofit, over 80% of our budget comes through corporate and annual sponsorships, grants, and from **individual donors like you**.

### **CREATING A LEGACY**

#### **Introducing our Planned Giving Program**

Creating your own legacy to PSRC ensures that the passions and values you cherish will continue beyond your lifetime. To learn how PSRC's planned giving program makes it easy and affordable to preserve and strengthen programs and services YOU care about for generations to come, and to potentially enjoy tax benefits, contact Barbara Prince at [bprince@princetonsenior.org](mailto:bprince@princetonsenior.org) or call 609.751.9699, ext. 107.





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## INTRODUCTION

### THE EVERGREEN FORUM

The Evergreen Forum is a volunteer organization under the auspices of the Princeton Senior Resource Center (PSRC). Courses are open to adult learners from any location. Course fees cover administrative services and overhead costs. The Evergreen Forum is an affiliate of the Road Scholar Institute network. **Please note that this fall, class formats include in-person, hybrid, or virtual, and that technology help is available.**

#### ADVENTURES IN GEOLOGY AND SPACE

Join Princeton geology professor emeritus Lincoln Hollister as he recounts how his teams overcame logistical constraints to achieve scientific results. His stories include retrieving rocks from the moon, riding in Russian snow cats across the tundra, using yaks to cross “Shangri La” in the Himalayas, eating porcupines, and flying in helicopters among the mountains of British Columbia and Alaska.

In our first class, we will discuss the quest for the origin of “quasi-crystals”, a new form of matter. The book by Princeton physics professor Paul Steinhardt, *The Second Kind of Impossible*, provides a theme for this and subsequent classes.

Lincoln will talk about his meetings with tribal councils in British Columbia, and insights into the earth’s history that evolved from these studies. We’ll relive Lincoln’s adventures entering Bhutan to do geological research and learn why the Himalayas are so high.

Lincoln studied the moon rock samples from all six successful Apollo missions and two Russian (Luna) missions. We’ll devote one class to discuss the origin of the moon that these samples reveal.

**LEADER:** Lincoln Hollister taught and did research in geology at Princeton University from 1968–2011. He grew up on a cattle ranch in California, which informed his career.

**Thursdays starting September 28 through November 9 for six sessions | 1:30–3:30 p.m.**

**No class on October 19**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 30

#### AMERICA IN THE 1990S: IS THERE A “THIRD WAY”?

This course will focus on the transformation of the Democratic Party under the influence of Bill Clinton and the Democratic Leadership Council. Their generally conservative, pro-business orientation paralleled that of Tony Blair and British Labor in its attempt to outflank the Republicans on the Right, just as Blair’s formerly Leftist Laborites were doing in the United Kingdom. This meant seizing ground formerly held by the Republicans by asserting capacity to end crime in the streets, produce more well-paying jobs, restraining the growth of the welfare state and restricting wars and, more generally, foreign adventures. In America the Third Way was implicitly an acceptance of neo-liberalism and globalism, and it was a naked bid for middle class support. Clinton thought that New Deal democracy was no longer politically viable, just as Blair abandoned the working-class orientation of traditional Labor policies. Clinton reacted against Reaganism just as Blair reacted against Thatcherism, and both “liberal” leaders succeeded for the better part of the decade. For more traditionally liberal Democrats, the Third Way seemed at the time the wrong way, and it does not seem better from the perspective of 2023. What do you think?

Suggested reading includes Nicole Hemmer’s wonderful monograph, *Partisans: The Conservative Revolutionaries Who Remade American Politics in the 1990s* (Basic Books, 2022) and Lily Geismer, *Left Behind: The Democrats’ Failed Attempt to Solve Inequality* (Public Affairs, 2022).

**LEADER:** Stan Katz is a former professor of public policy at Princeton University, former head of the American Council of Learned Societies. He is a scholar of legal history, constitutional law, and philanthropy.

**Mondays starting October 2 through November 6 for six sessions | 10:00 a.m.–noon**

VIRTUAL

LECTURE

UNLIMITED



## ANTARCTIC EXPLORATIONS

In this course we will survey the history of the exploration of the world's most remote, coldest, and windiest continent— Antarctica. We will begin with an overview of the Continent's geography, weather conditions, and research facilities. Then, we will examine: a) the journeys into the unknown of Captain James Cook, James Weddell, James Clark Ross, and other nineteenth century explorers; b) the incredible struggles for survival of the heroes of the Heroic Age of Antarctic Exploration—Roald Amundsen, Douglas Mawson, Robert Falcon Scott, and Ernest Shackleton; c) the expeditions of Admiral Richard Byrd and Edmund Hillary; and d) solo crossings of the Continent. The course will conclude with a look at the Antarctic exploits of a very senior citizen.

**LEADER:** Harold Kuskin, a retired lawyer and judge, is passionate about Antarctica and fascinated by the sagas of fortitude, survival, and tragedy of Antarctic explorers. He has traveled to the Antarctic Peninsula twice and to the Ross Sea and has made two trips to South Georgia Island. For the past six years, Harold has taught courses at the Evergreen Forum about another passion, opera.

**Wednesdays starting September 27 through November 8 for seven sessions | 10:00 a.m.–noon**

HYBRID AT NSK

LECTURE

UNLIMITED

## ART FROM ALL ANGLES

What do you see when you look at a work of art? As a rule, each of us sees something different. We all approach art from our own unique vantage point—from our own angle. In this course, docents from the Princeton University Art Museum will lead students through wide-ranging discussions of their reactions to different works of art. Each week will focus on a different topic, using the Museum's extensive collection as a backdrop.

Student participation in the course is enthusiastically encouraged. We look forward to lively give-and-take discussions.

**LEADERS:** Nancee Goldstein, along with her fellow Princeton University Art Museum docents are passionate about art and about our museum collection. Our training is continuous as we learn from the curators and professors of this world class collection.

**Fridays starting October 6 through November 10 for six sessions | 1:00–2:30 p.m.**

VIRTUAL

DISCUSSION

MAX 30





## THE CONSTANTS OF PHYSICS AND MATHEMATICS

Nature is always surprising but consistent. From the seventeenth century, scientists have proposed physical laws to capture how nature behaves. For example, the laws of motion, gravitation, electromagnetism, and galaxy recession are expressed mathematically but include mysterious numbers—physical constants—which can only be determined by experiment. We cannot explain the values of these constants but we can show that our universe would be very different if any had a significantly different value. A handful of numbers occur throughout mathematics and the sciences. These include zero, one, pi, and the square root of two. Some, the square root of negative one and Euler's number are hardly known to the general public but are ubiquitous in mathematics, science, engineering, and statistics. And another, infinity, is not even a number. We will explore the origin and significance of these special numbers and see what they mean and how they arise. High school math is sufficient to understand these remarkable concepts.

**LEADER:** Bernard Abramson, retired corporate chief information officer with international management and consulting experience, and former adjunct professor in the master of technology management program at Polytechnic University. Educated in the United Kingdom, he has degrees in mathematics and astrophysics.

**Thursdays starting September 28 through October 19 for four sessions | 10:00 a.m.–noon**

IN-PERSON AT NSK

LECTURE

MAX 50

## CONTEMPORARY BUSINESS & ECONOMICS

This interdisciplinary course explores economic, technological, institutional, and legal issues that impact global economics and your day-to-day lives. It is appropriate for students of all levels of business and economic sophistication. Topics will include: the impact of recent bank collapses, inflation, and de-globalization, concerns about public and private debt, expectations for the stock market, the business of medical and recreational marijuana, AI promise and perils, the costs associated with climate change, economic decision making, pension reforms and the reactions in France, digital library rights and the conflicts among the key parties, social media and legal liability, and legislative changes that affect economic equality.

**LEADERS:** Milton Grannatt, PhD, retired economist and vice president, global business development and licensing, Novartis Pharmaceuticals; Kurt Steiner, PhD, retired senior director, metabolic diseases & nutrition Research, Pfizer; Jack Cohen, JD, retired litigation counsel, CNA insurance companies, and former special counsel, Goldberg Segalla, LLP

**Wednesdays starting October 4 through November 8 for six sessions | 1:30–3:30 p.m.**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 25



## ELEANOR ROOSEVELT'S NIGHTLY PRAYER

Eleanor Roosevelt was undoubtedly a great humanitarian, but historians often portray her as indifferent to religion or someone who grew beyond the “narrow confines” of her religious heritage. Neither of these characterizations is adequate, but what would be a more accurate assessment? This class will search for answers in three ways. 1) We will read a number of selections from Eleanor Roosevelt’s own extensive writings to see what she herself said about faith and religion; 2) we will investigate her specific religious tradition to gain an understanding of its view of public service and the principles she advocated; and 3) we will examine the pluralistic and community-minded religious culture of early twentieth century New York to assess its influence on both Eleanor Roosevelt and her religious heritage. We will draw on the psychological insights of *Eleanor: A Spiritual Biography* by Harold Ivan Smith and the historical and sociological observations of the professor’s own research.

**LEADER:** Donn Mitchell is a historian of the religious dimension of the New Deal. He currently teaches at Fordham University and has taught at both Princeton Theological Seminary and the General Theological Seminary in New York.

**Fridays starting September 29 through November 3 for six sessions | 1:30–3:30 p.m.**

IN-PERSON AT SPB

LECTURE/DISCUSSION

MAX 20

## GREAT EXPECTATIONS AND ITS AFTERLIFE

Participants will read Charles Dickens’s masterpiece, *Great Expectations* (1861), and two postmodern riffs on it, Lloyd Jones’s *Mister Pip* (2007) and Peter Carey’s *Jack Maggs* (1997). Since *Great Expectations* is an autobiographical novel, we’ll also read Dickens’s “Autobiographical Fragment” as well as several short essays about the novel. In particular, we’ll read Dickens’s take on “The Original Ending” and will consult “Dickens’s Working Notes” as we read the text. Indeed, the novel records Dickens’s sense of trauma, inscribing its protagonist’s haunting by repressed memories, repetition compulsion, acting out, and anxious dreams about or hallucinations of split off portions of himself and his unconscious others. Structured by the logic of trauma, *Great Expectations* reclaims a narratorial childhood and national past and, paradoxically, prepares its author, narrator, and reader for traumas ahead.

**LEADER:** Dianne Sadoff is professor emerita of English from Rutgers University. She has also taught at Antioch College, Colby College, the University of Southern Maine, and Miami University of Ohio.

**Tuesdays starting September 26 through November 14 for eight sessions | 1:30–3:30 p.m.**

IN-PERSON AT NSK

DISCUSSION

MAX 20

## THE HISTORY AND CULTURE OF SCOTLAND

Scotland is an ancient land with an impressive influence on the modern world. Its history, landscape, and culture will be reviewed. There are many books and movies on Scotland, which will be recommended as the session proceeds. The format of the course will be primarily discussion, coupled with illustrative slides. The ability to play the bagpipes is not required.

**LEADER:** Peter M. Smith, PhD, has been teaching at Evergreen Forum for several semesters on a range of topics. Here he digs into his past — he grew up in Scotland and shares his appreciation of the country and its history, landscape, art, and culture.

**Mondays starting October 2 through November 6 for six sessions | 1:30–3:30 p.m.**

HYBRID AT NSK

LECTURE/DISCUSSION

UNLIMITED



## HISTORY VIA SHAKESPEARE

History pervades Shakespeare. English history is the subject of ten of his plays. Four of his eleven “tragedies” are set in Ancient Rome and others have identifiable historic roots. Some of his “comedies” are also based on historical lives and legends. In several plays, Shakespeare reflected and clearly intended to influence the political realities of his time. Was he an objective historical chronicler or a subjective propagandist? And if the latter, to what ends? This unique course addresses those questions by examining the historical accuracy of certain of Shakespeare’s plays within the context of his times. Please note that this is a history course and not a literature course. NO previous experience with Shakespeare’s plays is necessary in order to enjoy the course and to engage fully with its subject matter. Yet as we attempt to “pluck out the heart of (its) mystery” (*Hamlet*), inevitably the course will include some literary analysis. Hopefully this will enhance the perspective of those who are familiar with Shakespeare.

**LEADER:** Robert Nolan is a retired attorney and executive with a law degree from Harvard and a history degree from the University of Scranton, where he has been on the adjunct faculty. This is the ninth specialized history course that he has developed for the Evergreen Forum.

**Thursdays starting September 28 through November 16 for eight sessions | 1:30–3:30 p.m.**

HYBRID AT NSK

LECTURE

UNLIMITED

## INTRODUCTION TO MINDFULNESS PRACTICES

The benefits of mindfulness meditation have become increasingly well-known in the West over the past thirty years. The practices themselves began to be developed and used almost 2,500 years ago and are still relevant and effective today. Learning to be more mindful has many proven benefits, for example: better health, better stress tolerance, lower blood pressure, and often, improved relationships. Classes will include instruction and practice in developing the ability to notice and focus on information taken in through the senses, techniques to develop mindfulness of breathing, mindfulness of the body, and to increase awareness of thoughts experiences of the present moment. Students will also learn to cultivate experiences of kindness, compassion, and joy. Students will have access to recordings of the guided meditations presented in class to use as part of their own personal practice if they choose. An optional half-day retreat will be offered after the course ends at a time TBD with input from class participants.

**LEADER:** Ruth Goldston, PhD, has been a licensed psychologist in private practice in Princeton for the past thirty years. A graduate of Harvard, Hunter College, and Rutgers, she uses mindfulness practices with clients to deal with a variety of problems and issues.

**Wednesdays starting October 18 through November 29 for six sessions | 10:00 a.m.–noon**  
**No class November 22**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 20



## A JOURNEY OF TRAVEL AND DISCOVERY — CANCELLED

*The Summer Isles: A Voyage of the Imagination* is Philip Marsden's account of sailing alone up the west coasts of Ireland and then Scotland to reach the isolated Summer Isles in extreme northwestern Scotland. He shares the joys and dangers of the journey and the people he meets in these isolated, long-inhabited places. Tsambika, his old wooden sloop, is small enough for Marsden to sail alone, but even in summer the North Atlantic is formidable. Participants in this course will travel north with Marsden through his compelling, often moving, and fascinating exploration of sailing, history, literature, and people. His is a literal journey as well as one of the imagination and they are equally rewarding and satisfying.

**LEADER:** Lynne Cullinane has taught literature in high schools and worked with practicing and student teachers in public schools and college. For the last seven years she has offered courses for Evergreen Forum.

**Tuesdays starting September 26 through October 31 for six sessions | 10:00 a.m.–noon**

VIRTUAL

DISCUSSION

MAX 15

## LABOR ISSUES IN NEW JERSEY — CANCELLED

This course will review changing working conditions, practices, circumstances, and laws impacting workers in New Jersey from its colonial beginnings through today. We will address how and why guilds and labor unions developed in New Jersey. Slavery and manumission in New Jersey and topics like immigrant labor, migrant workers and “company towns” will also be examined. The course will also review contemporary issues and events.

**LEADER:** Dave Saltzman is a former trustee and board president of the Princeton Senior Resource Center. He taught “Geography of New Jersey” for the Evergreen Forum. Dave has a BA from Rutgers College and an MBA from New York University.

**Thursdays starting October 26 through November 16 for four sessions | 10:00 a.m.–noon**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 45

## MEDICINE: THE HISTORY AND THE MYSTERY

The presenters will look at medicine as practiced around 400 BC, from the time of Hippocrates to current times. Each two-hour session will be divided as follows: Dr. Carman will deliver a lecture on medical history during the first hour. The path from Hippocrates to modern medicine contains numerous colorful characters and fascinating stories. Scientists, physicians, and humanitarians (both men and women) have great tales to tell. We will pay close attention to the scientific revolution that occurred during the Renaissance and the exponential progress of medicine during the past century.

Dr. Malin will present a brief essay to be followed by open discussion related to the assigned weekly reading during the second hour. Among the themes and issues to be discussed are authority, informed consent, immortality, truth in medical research, the doctor-patient relationship, infectious disease and epidemics and their impact on history, surgical procedures and complications, and medical ethics.

**LEADERS:** Roy Carman received his MD from Georgetown University School of Medicine and an MS at the University of Minnesota. He is a gastroenterologist and was an associate clinical professor at Rutgers Medical School for thirty years. Seth Malin earned his MD at Jefferson Medical College (now the Sidney Kimmel Medical College of Jefferson University) where Thomas Eakins' famous painting *The Gross Clinic* hung for many years, unenclosed and unguarded. He is a general surgeon who takes refuge in fine writing and good music.

**Tuesdays starting September 26 through October 31 for six sessions | 10:00 a.m.–noon**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 20



### MEMOIR AND FICTION BY THREE MODERN WRITERS

Novelists often draw from their own experience when writing fiction, but some also write literary memoirs, and these may be explicit memoirs or fictions related to their experience. This course looks at the novels and memoirs, fictional or otherwise, of three modern novelists. During the six week course, participants will discuss (in this order) Hilary Mantel’s memoir *Giving up the Ghost* and her novel *Fludd*, plus selections from her short story collection *Learning to Talk*; J.M. Coetzee’s *Summertime: Scenes from Provincial Life*, which may or may not be a memoir of his character; John Coetzee and his novel *Foe*; and Rachel Cusk’s memoir *Aftermath: on Marriage and Separation*. and her novel *Outline*. Participants should read these books ahead of the class.

**LEADER:** Judith Wooldridge is a life-long fiction reader who has led numerous modern English fiction courses at the Evergreen Forum.

**Thursdays starting September 28 through November 2 for six sessions | 10:00 a.m.–noon**

IN-PERSON AT SPB

DISCUSSION

MAX 12

### MORE HANDS-ON MATHEMATICAL PLAY — CANCELLED

Participants will explore new puzzles and activities drawn from probability, logic, game theory, geometry, number theory, and operations research. Sources include work by well-known authors as well as original materials developed by the course leader. After brief introductory lectures, participants will work together to discuss and solve problems using pencil and paper, dice, mathematical origami, paper folding and cutting, and “democratic math debates.” Specific topics may include gerrymandering, logic puzzles, fractal constructions, Prisoner’s Dilemma, and Logicians versus Pirates. Learners of all ages and backgrounds are welcome. There are no mathematical prerequisites—just a sense of humor, curiosity, and common sense.

**LEADER:** Mark Schlawin has an MS in applied mathematics and an undergraduate degree in physics. His work experiences include stints as an operations research specialist optimizing paper production, as a quantitative analyst on Wall Street, and, most recently, twenty joyful years of teaching middle school mathematics and science. In spring 2023 he led a first edition of “Mathematical Play” at the Evergreen Forum.

**Wednesdays starting October 4 through November 8 for six sessions | 10:00 a.m.–noon**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 20



## NOBEL PRIZE WRITERS WAIT FOR THE BARBARIANS

What do five recent Nobel Prize in Literature winners have to say about current issues: Abortion and Sexism (Annie Ernaux's *The Happening*); Artificial Intelligence (Kazuo Ishiguro's *Klara and the Sun*); Extinction (Olga Tokarczuk's *Drive Your Plow over the Bones of the Dead*), and Injustice, Real and Fake News (Coetzee's *Waiting for the Barbarians*)? Louise Glück's poems will be used to highlight the concerns of her fellow Nobel Prize writers in this "book club on steroids," a course in which participants will read thoughtfully and come to class to prepared to discuss. Our meetings will be by Zoom with the exception of the culminating party (extra ninth class TBA).

**LEADER:** Lois Marie Harrod's eighteenth collection of poetry, *Spat*, was published by Finishing Line Press, 2021 and her chapbook *Woman by Blue Lyra*, 2020. Dodge poet, lifelong educator and writer, she is published in literary journals and online e-zines from *American Poetry Review* to *Zone 3*. More info and links to her online work [www.loismarieharrod.org](http://www.loismarieharrod.org).

**Wednesdays starting September 27 through November 15 for eight sessions | 1:30–3:30 p.m.**

VIRTUAL

LECTURE/DISCUSSION

MAX 20

## OUTSIDER ART

Outsider Art originated as the art of the insane and the self-taught. It existed outside the realm of art history. The term was introduced in 1972, although visionary art has always existed. It is not a movement like Cubism, it is a primal expression of the need to create art. The self-taught artist is responding to the bidding of an inner necessity to create. How does it differ from Folk Art and Aboriginal Art? Why has it surged into the mainstream of the artworld? Can the spontaneous creations of the mentally ill be considered art? Is their art the purest definition of art? Do we have to redefine art? Can Fine Art come from untrained individuals who could be considered "natural geniuses"? Come explore this unusual world of unique art.

**LEADER:** Wendy Worth is an art historian and has an MA in conservation biology.

**Tuesdays starting September 26 through October 31 for six sessions | 1:30–3:30 p.m.**

VIRTUAL

LECTURE

MAX 50



## RELIGIOUS FREEDOM AND CHRISTIAN NATIONALISM

According to multiple studies, the United States is less religious – and specifically less Christian – than it has ever been. Yet, the imagery at the January 6 assault on the Capital demonstrated that a strong Christian nationalist movement is making its voice heard. It sees the diversity of the American people as a threat, not an asset. Diversity means different races and ethnicities and, inevitably, different religions and secularism. This course will discuss the concept of the United States as a Christian nation, the increasing role of religion in our politics and laws, and the rise of the Christian Nationalist movement. It will review recent Supreme Court cases and state laws sanctioning religious practices at public events, banning books and limiting or seeking to eliminate LGBTQ rights.

**LEADER:** Elaine Jacoby is a retired attorney who teaches courses focusing on politics and civil rights.

**Wednesdays starting September 27 through November 15 for eight sessions | 1:30–3:30 p.m.**

HYBRID AT SPB

LECTURE/DISCUSSION

MAX 30

## SCIENCE IN THE NEWS

“Science in the News” is a course designed for all those who wish to become more informed about current scientific and medical topics. Two lectures on different subjects are presented weekly by members of a panel of scientists. The course covers a wide range of fields and strives to remain easily accessible to people of varying backgrounds and current knowledge. A variety of sources are used, and pertinent references are provided in advance for each of the topics covered. All are welcome, regardless of science literacy. Presentations by class participants are encouraged but not required.

**LEADER:** Harold M. Heft is a retired automotive and defense industry executive whose academic research focused on biopsychology and philosophy of science. He is joined by a panel of physicians and scientists with wide experience and interests.

**Fridays starting September 29 through November 17 for eight sessions | 10:00 a.m.–noon**

HYBRID AT NSK

LECTURE/DISCUSSION

MAX 60

## SOCIAL PROTEST MOVEMENTS — CANCELLED

How can we best understand movements from the right, the left, the sane and the sometimes quite mad, sometimes even in our own communities? What are their roots, how are they organized, what are their trajectories? We will cast a critical eye at the different types of movements from preliterate societies to today, how they rise, succeed and/or decline and fall. These questions will be the framework of our discussions. Each session will begin with a short presentation. Articles and suggestions for books will be provided. There may be some videos and live interviews.

**LEADER:** Martin Oppenheimer is emeritus professor of sociology, Rutgers University, where his field was political sociology. He has written about and been a participant-observer in the United States civil rights, labor, and anti-war movements.

**Tuesdays starting September 26 through November 14 for eight sessions | 1:30–3:30 p.m.**

VIRTUAL

LECTURE/DISCUSSION

MAX 16



## STRESS: WHAT IS IT AND HOW TO MANAGE IT

This course will first describe psychological and physiological contributors to stress. The concepts of homeostasis and allostasis will be described, as will mechanisms by which the mind and body manage and cope with stress. Various reflexes in the body will be described that help manage stress and the reasons why they do so; how various symptoms occur when regulation fails, including respiratory and autonomic dysregulation; and hyperventilation symptoms. The course will describe reasons why sometimes stress causes a “fight flight” reaction and sometimes fatigue, depression, and withdrawal; and why sometimes stress enhances immune function and human performance, while it sometimes hurts them.

The course will teach participants the basics of some empirically validated stress management methods, including progressive muscle relaxation, hetero- and self-hypnosis, control of breathing and heart rate variability, mindful meditation, and cognitive restructuring. Participants will learn how to use these methods in their own minds and bodies.

Recommended reading: Lehrer, P and Woolfolk, R., *Principles and Practice of Stress Management, fourth ed.*: Guilford Publications (PPSM) (ca. \$62, but often on sale from Guilford, or obtainable as a used copy)

**LEADER:** Dr. Lehrer is a Harvard-trained clinical psychologist, and professor emeritus of psychiatry at Rutgers Robert Wood Johnson Medical School. He has published over one hundred scientific papers related to stress management, including the widely used edited text, *Principles and Practice of Stress Management*. He has lectured on the topic internationally and has served as president of the Association for Applied Psychophysiology and Biofeedback.

**Tuesdays starting September 26 through November 7 for seven sessions | 10:00 a.m.–noon**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 30

## THE SUPREME COURT AND REPRODUCTIVE RIGHTS

While the United States Supreme Court’s recent decision in *Dobbs v. Jackson Women’s Health* overruled *Roe v. Wade*, reproductive rights in the United States has a rich history, which is critical to understanding the present-day status of the law in this important area. This course will explore that history including the changing role of the courts and physicians as well as political considerations and societal attitudes that drive the present debate. The course will focus on an analysis of the various Supreme Court decisions addressing reproductive rights. The four-week course will consist of lectures with adequate time for questions. Some of the lectures will include materials that have been discussed in prior courses.

**LEADER:** Philip Carchman is a retired judge of the Superior Court of New Jersey, Appellate Division.

**Fridays starting October 20 through November 10 for four sessions | 10:00 a.m.–noon**

HYBRID AT NSK

LECTURE

UNLIMITED





## THE UNIVERSITY AS ENLIGHTENMENT AND IDEAL — CANCELLED

Drawing on and taking full advantage of several excellent resources published in the last few years, “The University as Enlightenment and Ideal” aims to render understandable and relevant to non-specialist readers the contributions to secular modernity and liberal democracy of the German critical and idealist philosophers at the end of the eighteenth and beginning of the nineteenth centuries. Writing in response to the anti-theocratic and anti-monarchical movements of the age, these philosophers were among the most influential representatives of the Enlightenment tradition in Europe and the United States. They were also largely responsible for the mission and design of the modern university as we know it. A small, discussion-based seminar rather than a lecture class, the course will provide a structured opportunity for non-specialists to read and discuss the work of several influential German philosophical figures from the period, especially Kant and Hegel, and some of their later European and American followers, including Emile Durkheim and John Dewey.

**LEADER:** Michael Merrill retired as director of Rutgers LEARN (Labor Education Action Research Network) in 2020. A long-time Princeton resident, he has published widely on a variety of economic, educational, environmental, historical, and political topics, and served as dean of the Harry Van Arsdale Jr. Center for Labor Studies at Empire State College SUNY from 2002–2016.

**Mondays starting October 2 through November 20 for eight sessions | 1:30–3:30 p.m.**

IN-PERSON AT SPB

DISCUSSION

MAX 20

## THE WEIRD WONDERFUL WORLD OF FUNGI

Many people are repelled at the thought of fungus, but as Merlin Sheldrake points out in the subtitle of his recent book *Entangled Life*, fungi “make our worlds, change our minds, and shape our futures.” Fungi are in fact a fascinating life form. For example: fungi are more than a billion years old; range from microscopic to one of the largest organisms on earth; exhibit sophisticated problem-solving behaviors and can manipulate the behavior of insects and people. Participants will read Dr. Sheldrake’s book and explore this unexpected and hidden world.

**LEADER:** Katharine Widmer has taught courses on exploring prehistory and science including “The History and Mystery of Paleolithic Art,” “Exploring the Early Neolithic World,” and “The Forest for the Trees” (About the communication between plants known as the Wood Wide Web).

**Thursdays starting September 28 through November 2 for six sessions | 10:00 a.m.–noon**

VIRTUAL

LECTURE/DISCUSSION

MAX 25

## WHAT IS TIME?

This course will relate our subjective understanding of time and our perception of time to what the sciences and the arts say about time. We will examine, in eight sessions, various approaches to understanding time: subjective time as we understand it from psychology and physiology; classical physics defines and uses time; time in special relativity; time in general relativity; time travel; and time in quantum mechanics. We will summarize these learnings by asking and answering the question: Can experienced time be compatible with physics? No background in physics is necessary since each of the topics will be developed with minimum mathematics. This course will be similar in format to that of a seminar: presentation of ideas and observations concerning time with participation of the students. A course packet will be given out at the first session with details of the sessions and recommended readings.

**LEADER:** Stuart Kurtz was educated as a chemical engineer at MIT (SB) and Princeton (PhD) and taught at Rensselaer Polytechnic Institute and in Brazil. He has devoted much of his leisure time to studying philosophy and physics at Rutgers and elsewhere.

**Fridays starting September 29 through November 17 for eight sessions | 1:30–3:30 p.m.**

IN-PERSON AT NSK

LECTURE/DISCUSSION

MAX 25

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For more information, please contact Lisa Adler at [ladler@princetonsenior.org](mailto:ladler@princetonsenior.org) or 609.751.9699, ext 103.



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